



Maricopa County

News Release

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December 5, 2003

Families Should Take Measures To Keep Kids Healthy

Easily Spotted Symptoms Tell Parents if a Child Has a Cold or the Flu

You can keep your children and loved ones safe and healthy by knowing the difference between colds and the flu.

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (102-104 degrees Fahrenheit) lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and Prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccinations; antiviral medicines – see your doctor
Treatment	Only temporary relief of symptoms	Antiviral medicines – see your doctor

Parents know their children best and notice when their children ill. The following signs and symptoms are what parents should consider if their child is sick:

Signs:

- ✓ If your child has a high fever that does not respond to over-the-counter fever medications, this could signal a more serious infection.
- ✓ If your child is listless or has no interest in playing or other activities, especially after their fever comes down.
- ✓ If your child is inconsolable, that is, irritable and cannot be calmed down.

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- ✓ If your child is not drinking fluids or not keeping fluids down. Poor fluid intake can lead to dehydration, which can be very serious in children. Prolonged diarrhea can also lead to dehydration.
- ✓ If your child has difficulty breathing, or exhibits fast, hard breathing. Flu is a respiratory disease that can infect the lungs, and if your child is working hard to breathe, your health care provider will need to assess the situation.
- ✓ It is important that to keep children home when they are ill to better care for them and to stop the further spread of this disease.

Symptoms:

- ✓ Fever, usually 102 degrees Fahrenheit, but can go up to 104 degrees Fahrenheit and usually lasts three to four days.
- ✓ Headache, sudden onset and can be severe.
- ✓ Sore throat.
- ✓ Muscle aches, often severe.
- ✓ Coughing, which can become severe.
- ✓ Tiredness and weakness, which can last two or more weeks.
- ✓ Sneezing.
- ✓ Runny nose.

To Stay Healthy:

- ✓ Clean hands often with soap and water or with an alcohol-based hand cleaner.
- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Avoid close contact with people who are sick, if possible.
- ✓ Get vaccinations for flu and pneumonia as recommended for your age and health conditions. Vaccines for these diseases can prevent some serious respiratory illnesses

For further information about influenza, visit the Centers for Disease Control and Prevention website, www.cdc.gov and for flu shot availability locally either visit the Community Information and Referral website, www.cir.org or their Flu Hotline at 602-263-8856 and please be patient as many others are also seeking the same information.

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